

Meaning swift and valued runner, the *Kukini* in ancient times took news from one Hawaiian leader to another.

HICKAM *Kukini*

Serving the Air Force Hawaii Community

HOT TOPIC

Republic of Korea president and first lady visit Hickam

See photo on Page 3.

Vol. 11, No. 47

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Hickam AFB, Hawaii



Courtesy photo

Airmen participating in Resultant Fury, flying a B-52 from Andersen Air Force Base, Guam struck the Ex Schenectady with seven 2,000-pound, satellite-guided joint direct attack munitions Tuesday. A little later, Airmen flying a B-52 from Barksdale Air Force Base, La., struck the Ex Schenectady with four laser-guided bombs. The bombing of the ship marks

the first time aircraft targeted and sunk multiple moving sea targets. Resultant Fury is a demonstration to allies and adversaries in the Pacific that the U.S. Air Force has the ability to rapidly respond and sink multiple moving sea targets in any weather environment, day or night. The United States is the only nation with this capability.

Resultant Fury: Hickam operations base for live-fire exercise

By Senior Airman Austin May
3rd Wing Public Affairs

Training Airmen to drop bombs on floating targets took precedence during an exercise that concluded Wednesday with great success, according to the aircrews and its planners.

More than 300 Airmen, sailors and Marines attacked Resultant Fury '05. Using Air Force bombers including the B-1 Lancer; fighter aircraft and the E-8 Joint STARS reconnaissance aircraft from the 116th Air Control Wing, aircrews tracked, targeted and bombed aircraft and sank unmanned target ships.

Resultant Fury '05 included a two-day, live-fire exercise. The Air Force wanted to show it could attack moving ships in any weather, according to Maj. Mike Eliason, PACAF weapons and tactics. Planners chose the locations off Hickam for access to the Pacific Missile Range Facility.

Day one had aircrews putting their crosshairs on three small target vessels known as improved surface ship targets. Support teams tethered each target to an unmanned tow boat separated by 1,200 feet

of steel cable. Being pulled along at roughly 11 knots, Joint STARS' and the B-1's aircrews had to distinguish between the target and the tow boat.

Day two's target was a Navy tank landing ship, the former USS Schenectady. The Schenectady was a 522-foot, 5,000-ton ship towed to a location about 50 miles from Kauai. Two B-52 Stratofortresses from Andersen Air Force Base, Guam, and a B-1 from Dyess AFB, Texas, flew from their home bases, bombed the Schenectady and flew home.

The Navy has moored the Schenectady at Pearl Harbor since 1993, when it was officially decommissioned.

Aircraft supporting the exercise included the E-3 Sentinels and F-15 Eagles from Elmendorf Air Force Base, Alaska; JSTARS from Robins Air Force Base, Ga.

"Hickam was the perfect location for this exercise," said Maj. Paul Grotelueschen, who came with the E-3s. "The base's close proximity to the U.S. Navy's Pacific Missile Range Facility, a 120 square nautical mile area in the channel between the islands of Kauai and Niihau, maximized our effectiveness."



Photo by Senior Airman Austin May

Larry Yoshinaga, 15th Operations Support Squadron ground controller, talks to pilots preparing to take off while an E-3 Sentry AWACS from Elmendorf Air Force Base, Alaska, taxis on the taxiway during its trip to Hickam in support of Resultant Fury '05.



The honor to serve – SECAF says farewell

Editor's note: Secretary of the Air Force Dr. James G. Roche announced his resignation Nov. 16 and has posted the following letter to all Airmen on the vector Web site at: <http://www.af.mil/media/view-points/resign.html>.

Fellow Airmen,
Nearly four years ago, President George W. Bush asked me to serve as the Secretary of the Air Force, a great honor which I humbly accepted. My intention has been from the beginning, to serve for one term and then return to private life. That is why I have asked President Bush to accept my resignation as your Secretary, effective 20 January 2005.

Although Diane and I look forward to the next phase of our lives, it is with a heavy heart that I leave the Air Force I have come to respect and love. I could not have led a better team. Together, we have achieved great successes at an epic time in the history of our country. During this time, I have had the pleasure of working with Airmen who personify all that is good about America. And,

“ Diane and I wish each of you clear skies, a strong tailwind, and success in all you do.

Dr. James Roche
Secretary of the Air Force

”

America's Airmen have had the absolute best uniformed leader, our Chief of Staff, General John Jumper, who has become my sounding board, my partner, and my good friend.

Shortly after General Jumper and I began our partnership, our country was attacked. Since then, we have adapted the Air Force to the new nature of warfare while engaging and defeating our enemies. Together with our fellow Services, we have enabled freedom in Afghanistan and Iraq and put terrorist foes on the run. Because of the air and space power you generate, our nation remains secure.

After discussing the issue with Secretary Rumsfeld in early

October, I voluntarily submitted my resignation on 16 November 2004 for three reasons.

First, it has always been my intention to serve only one term in this office. By announcing my resignation now, this allows sufficient time for a qualified successor to be identified and confirmed.

Second, my departure early next year will allow the new Secretary to take office while General Jumper remains Chief of Staff, avoiding the disruption that could occur should a new Secretary and Chief assume office at the same time.

Finally, I hope that my departure at this time will allow Congress and the Air Force to concentrate on vital matters, such as

confirmation of senior leaders. I am concerned that many of our Major Commands and Combatant Commands have been left in a state of uncertainty. Airmen and other warfighters are in combat with our country's enemies -- we must have stable leadership in place. You deserve that, and I will do whatever I must to ensure this occurs.

I want every member of the United States Air Force to know that I will always remain an Airman. I am proud to have served with you in the world's greatest air and space force. Although I leave this office, I will continue to do all that I can to advocate and support our Nation's Airmen, and you will always be in my heart.

Diane and I wish each of you clear skies, a strong tailwind, and success in all you do. God bless America and the United States Air Force.

Action Lines



Col. Ray Torres
15th Airlift Wing commander

The purpose of the Action Line is in its name – it's your direct link to me so we can work as a team to make Hickam a better community. It also allows you to recognize individuals who go “above and beyond” in their duties – and we all know there are plenty of those folks here. All

members of Team Hickam are welcome to use the Action Line, however, I urge you to give the normal chain of command the first crack at resolving problems or issues. It's only fair to give our commanders and managers the first opportunity to work issues under their responsibility. If you have done this and are still not satisfied, give my commander's Action Line a call. If you want me to get back to you, leave your name and number, state your issue, tell me who you have talked to and why you were not satisfied with their response. I'll work your issue and respond verbally or in writing. The Action Line number is 449-2996. Messages may also be sent by e-mail to 15aw.pal@hickam.af.mil.

Fast food concerns

Comment: I'm new to Hickam and very surprised by the amount of fast food restaurants on base. It is amazing in this day and age, with all of the publicity on the dangers of eating fried, processed, high fat and sugary foods that every option for quick eating on base is what I would consider unhealthy. I couldn't find anything healthy if I tried. Obesity is an epidemic in

America, especially in Hawaii. The Air Force has relatively strict rules for being in shape for active duty. Exercise alone is not enough to maintain a healthy body and control weight gain. I cringe when I see a military family sit down to eat in the foodcourt and mom has fried chicken and a tall iced coffee and the three kids are eating hot dogs and drinking sugary sodas.

Response: We agree with your concern. Army and Air Force Exchange Station recognizes/provides healthy eating choices in order to maintain physical well-being. On a daily menu: Robin Hood features six sandwiches w/under 6 grams of fat; sandwiches can be made as a salad or with a low-carb wrap, low-carb cookies are also available. Charley's also has lo-carb wraps with meats (chicken breast, turkey and beef) grilled minus shortening. Grilled beef and chicken sandwiches are a regular at Burger King ... shrimp and chicken salads are also on the everyday menu. Baskin-Robbins offers yogurt in lieu of ice cream in its frozen desserts; "no sugar added" ice cream products are available. B&R and Seattle's Best offer 2 percent or skim milk products for frozen desserts/beverages. Your comments are appreciated, but choices are numerous and readily available.

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Deadline for copy is 1 p.m. Friday for the following Friday's issue.
Copy must be typed, double-spaced 12-point type, 400 - 600 words in length, and e-mailed to hickam.kukini@hickam.af.mil.

Crisis Response Lines

Hickam Family Support Center
449-0300

Life Skills Support Center
449-0175

Law Enforcement Desk
449-6373

Base Chaplain
449-1754

Military Family Abuse Shelter
533-7125



ROK in the USA

Photo by Ed Foster

The Republic of Korea President Roh, Moo-hyun is greeted by Admiral Thomas Fargo, Pacific Command commander, Monday afternoon as the President prepared to depart Hawaii. Left of Admiral Fargo are his wife, Sarah, and Lt. Gen. Gene Renuart, Pacific Air Forces vice commander. The ROK president was accompanied by his wife, Kwon Yang-suk, during the trip to Oahu to attend a reception for Korean-American leaders and meet with Admiral Fargo.

Hickam leaders brief during Wingman Day

By Tech. Sgt. Andrew Leonhard
15th Airlift Wing Public Affairs

Team Hickam took time out Nov. 19 to focus on some serious matters; suicide prevention, sexual assault and the Pacific Air Forces Comprehensive Assessment of Risk and Evaluation System.

Throughout the day, various unit got together and held briefings to help identify and highlight Hickam and PACAF leadership's top concerns.

The day's theme was about being a good Wingman, to know troops, peers and other co-workers – to take care of each other.

CARES, a key system for commanders and supervisors, was a hot topic with its new "overhaul" of the program.

Jim Hammonds, 15th Airlift Wing ground safety, briefed about 200 people in a combined 15th Mission Support Squadron and 15th Services Squadron commander's call about CARES.

A new change to CARES is that it's mandatory for all military personnel under the age of 27 to be enrolled, said Mr. Hammonds.

The new system replaces spreadsheets with an internet-based platform to complete risk assessments and sends monthly reminders facilitating communication between individuals and supervisors. It also provides an organizational summary to show commanders how many personnel are rated at high, moderate and low risk.

The next big topic for Wingman Day was sexual assault. The majority of the base population got

a chance to watch a new training video, produced by 15th Communications Squadron and 15th AW Public Affairs, to help people identify and react to possible situations.

"The Wing Sexual Assault video was very well received," said Lt. Col. Jeff Spear 15th AW chief of safety. "It's an outstanding tool for all Airmen to understand the numerous challenges that are associated with this very important issue."

Common factors identified to viewers is that alcohol was almost always involved; the assailant is usually an acquaintance or co-worker; and assaults typically occur in either the victim's or suspect's dorm room or house.

Another significant topic discussed was suicide prevention. Air Force statistics show suicides are 63 percent higher in 2004 than the historic average with 43 deaths as of Oct. 14. However, combat stress is not a factor because there are zero suicide deaths from current operations.

According to Command Chief Master Sergeant James LeVack, 15th AW, the goal of the day was to raise awareness and teach prevention techniques on safety, sexual assault, and suicide.

"Basically, leaders being involved with troops and being aware of the resources available to our forces and their families," he said.

"We all need to have a Wingman, be safe and vigilant," the chief stated. "Also its important to create an environment that is safe for our troops and their families, as well as an environment that generates success."

What is a Wingman?

Maj. Gen. Jim Roudebush,
Air Force Deputy Surgeon General

The definition of a Wingman in Air Force terms begins with a two-aircraft formation. One aircraft is the lead and the other is the Wingman.

The wingman generally flies off to the side and behind the lead. In this position, the Wingman can see and protect that vulnerable area directly behind the lead, an area known as the lead's six o'clock position or "six".

As the lead may change between the two aircraft any number of times during a flight or combat engagement, each half of the two-aircraft element will have the opportunity to be a Wingman.

In tactical terms, the two aircraft formation is more effective offensively and defensively with greater flexibility and impact than a single aircraft alone. So having a Wingman also increases combat power. After a combat engagement, the Wingman flies closely around the lead to determine if there is any battle damage evident on the other aircraft. In this way, all precautions can be taken to assure a safe flight back to the home station.

In short, a Wingman provides mutual support and protection, increases operational effectiveness and provides a second set of eyes looking for any damage or problems before they become emergent ...

Airmen taking care of Airmen.

Help yourself

New commissary checkout system up and scanning

By Tech. Sgt. Mark Munsey
Kukini Managing Editor

Team Hickam commissary patrons with just a few items have a new weapon in the war on speedier checkouts.

Four self-checkout stands were added to the express line area, said Don Wong, Hickam Commissary store administrator.

"Self checkouts mean base patrons now have the opportunity to take advantage of faster service made possible with new technology," Mr. Wong said.

Although only a week old, self checkout has already made an impact, he said.

"Thus far, the response has been great," he said. "Feedback from patrons is overwhelmingly in favor of the new system."

The new initiative is designed to augment the express checkout system that was already in place.

"Normal express checkouts are still available for those desiring the person-to-person interaction," he said. "This is an example of the Defense Commissary Agency continuously striving to improve the shopping experience."

An attendant is available to check military identification cards as well as provide assistance, he said.

Paying at the self checkout is virtually the same as the other lanes, with cash and credit and debit cards acceptable.



Photo by Jerry Banks

Staff Sgt. Shannon McCann, 15th Mission Support Squadron commander support staff, scans several items to finalize her purchase on the new base commissary self checkout system Monday.

Patrons can even scan coupons, he said.

Self checkout sales the first day of operation were close to \$8,000, with that total expected to dramatically increase as customers become familiar with the checkout process.

"The primary obstacle right now is the major-

ity of patrons are on a 'learning curve' and therefore the full potential of the system is still ahead," Mr. Wong said.

For more information on the new checkout system and upcoming specials, contact the base commissary at 449-1363.

Air Force by service, but Army by trade

By Army Sgt. Frank Magni
17th Public Affairs Detachment

FORWARD OPERATING BASE ORGUNE, Afghanistan (AFPN) – They are a unique breed of servicemembers on the frontline – Air Force by service, but Army by trade.

Joint terminal attack controllers can be found throughout Afghanistan, planning, communicating and facilitating the execution of close-air support for ground forces.

For the Soldiers of 2nd Battalion, 27th Infantry Regiment working in the Paktika Province, JTAC support comes from Airmen of the 25th Air Support Operations Squadron at Wheeler Army Airfield, Hawaii.

Located everywhere from tactical headquarters to smaller operations in the field, the JTAC Airmen act as the liaison for all air support that comes from every service and all coalition partners.

“Because what we do can be applied to any air-support element, we have no problems working with anybody,” said Staff Sgt. Mark Hiler of the 25th ASOS.

From helicopters to bombers, JTAC Airmen and their leaders have a variety of weapons capabilities to perform a variety of tasks.

But choosing the right weapon for the task is just one part of their job on the ground. To be successful at calling in air support, they must master two vital skills – communication and planning, Sergeant Hiler said.

In the stages leading up to operations, JTAC Airmen are very important to planning because they pay constant attention to how close-air support will be used and even advise leaders on the best ways to use air assets, said Staff Sgt. Robert Pena of the 25th ASOS.

Planning is also important so that close-air support can happen safely on the battlefield with other indirect fire assets, such as artillery and mortars.

While communication goes hand-in-hand with the planning process, it is also one of the most important things the JTAC Airmen do.

“If we can’t talk, we can’t do anything,” Sergeant Hiler said. “Communications is such an important aspect of our job.”

To assist in their communication needs, the

JTAC Airmen use a complete array of equipment and have the knowledge to operate, maintain and fix it.

“We have to know how to do everything with our (communication equipment),” Sergeant Pena said. “We are away from our support elements so often, it is many times up to us to make sure we can continue on with the mission.”

For the JTAC Airmen, being isolated from not only support, but also other Airmen, is something they say is just a part of the job. It is an aspect they said they enjoy, and one that sets them apart from others in the service.

Avoiding overuse of the word “elite” in reference to themselves, they instead use “unique,” Sergeant Pena said. Because JTAC Airmen are volunteers, Sergeant Pena said the job creates its own identity and desire for a job well done.

JTAC is one of the few jobs in the Air Force that is so far forward on the battlefield, he said.

“We like to be out on the frontline with the Army,” Sergeant Pena said. “It is something that (we) want to do and is very rewarding. It is almost like a brotherhood.”



Bright idea

Photo by Senior Airman Sarah Kinsman

Senior Airman Jesse Wade, 735th Air Mobility Squadron, replaces a light bulb in a string as part of the decorations for the Hickam Freedom Tower. Airman Wade was one of 12 volunteers from around base that helped with decorating the tower for the tower lighting ceremony sched-

uled for Dec. 3. The ceremony will start at 4:30 p.m. at Tower Mall with festivities including kiddieland, food and beverage booths, entertainment, lighting of the tower lights and a visit from Santa Clause. All of Team Hickam is invited to attend.

Thrift shop: Modern-day treasure hunt

By Maj. Heather Zwicker
Pacific Air Forces Public Affairs

A modern-day treasure hunt waits just off Kuntz Avenue.

The Hickam Thrift Shop, located at the opposite end of the Outdoor Recreation/Ticket and Tours Office building, houses a constantly-changing collection of clothes, curios and consignments.

It's a place where furniture flies out the door, said Susan Schall, Hickam Officers' Spouses' Club Thrift Shop chair.

"We just sold a beautiful iron and glass-top coffee table for \$55," Mrs. Schall said.

Bargain hunters have recently bagged \$3 golf clubs, complete sets of glasses and dishes for \$15 and purchased VCR tapes for less than the shopette rental price.

Sales profits, more than \$50,000 last year, were donated to the community, including \$15,000 in scholarships that went to base family members.

Noncommissioned officer leadership school, cookie caper, Hickam Red Cross, Food Bank Hawaii, Heartlink, Joint Oahu Military Family Abuse Center and the Family Support Center were also among organizations that made donations to the shop.

The Thrift Shop accepts most items for consignment except those that pose health, safety, or seasonal concerns. For the complete list of consignable items, call or stop by the thrift shop.

Donations are always accepted and may be placed in the shed at the front of the shop if they are not open.

The shop specializes in low-cost items used for a short period of time, Mrs. Schall said, like extra sheets, blankets or a baby gate if company is coming.

Winter traveling and holiday preparation are two parental concerns that the shop can help



Photo by Senior Airman Sarah Kinsman

Pat Pule, Hickam Thrift Shop manager, gives a customer her merchandise she purchased at the shop.

solve, she said.

"They need to get their kids something to wear because their pants are now two sizes too small and they need some long-sleeved shirts. We also get beautiful holiday dresses, most costing \$3 or \$4," she said.

Attending to their many customers is a constant concern, requiring 10 volunteers a day.

"If your kids need community service hours, we

can put them to work too," said Mrs. Schall.

The Hickam Thrift Shop is open Monday, Wednesday, Friday and the second Saturday from 9 a.m. to 1 p.m. for sales. They are also open the third Wednesday of the month from 5 to 9 p.m. Consignments are taken Monday, Friday and the second Saturday from 9 to 11 a.m.

For more information or to volunteer, contact the thrift shop at 449-6603.



News Notes

Town hall meeting – Roger Blanchard, Air Force assistant deputy chief of staff for personnel is conducting two Town Hall meetings: Monday from 1:30 to 3 p.m. and Tuesday from 9 to 10:30 a.m. at the Memorial Theater. With the passage of the 2004 National Defense Authorization Act, the Department of Defense was given authority to establish a new human resources management system, the National Security Personnel System, that will create a new framework of rules, regulations and processes to govern the way civilians are hired, compensated, promoted and disciplined in DOD. All DOD civilians and their supervisors are encouraged to attend. For more information, contact the Labor and Employee Management Relations Section at 449-0144.

Road closure – A reduction in lanes on Vandenberg Boulevard near the baseball fields continues through Dec. 3. One lane at a time will be closed to run electrical lines across the road. This closure is necessary to facilitate the upgrade of electrical power to support the C-17 mission. Flagmen and signs will be used to prevent traffic confusion. For more information, contact Tech. Sgt. Robert Padar at 449-6614.

HESC meeting – The Hickam Enlisted Spouses' Club meeting is scheduled for 6:30 p.m. Wednesday at the Chapel Center. It is a cheesecake

and coffee social and members can bring their favorite cheesecake to share. Chef Bobby Irish will be preparing a few of his favorite recipes for appetizers during the holiday season. The club will also be collecting toys for the Toys for Tots program and Operation Warmheart. The HESC holiday party is Dec. 4 at 6 p.m. at Command Chief Master Sgt. James LeVack's, 15th Airlift Wing, home. For more information, call 277-4146,

Top Three – The Hawaii Top Three meets Wednesday at 3 p.m. in the Tradewinds Enlisted Club. All senior non-commissioned officers are invited to attend. For more information, contact Senior Master Sgt. Jerry Lewis Jr. at 449-6311 or Master Sgt. Rhonda Elliott at 448-4605.

HOSC Breakfast – The Hickam Officers' Spouses Club is having breakfast with Santa Dec. 4, from 8:30 to 10:30 a.m. on the Officer's Club Lanai. The buffet will be served from 8:30 to 9 a.m. and is limited to the first 150 HOSC members and their guests on a first-come, first-serve basis for reservations. Deadline for reservations and payment is Saturday. Club cards and checks will be accepted. The cost of the buffet is free for ages 3 and under, \$2.10 for children ages 4-6, \$4.30 for children ages 7-11 and \$8.65 for those age 12 and older.

For reservations contact Kathy Lepper at 422-4791 or KHLepper@aol.com. Payment may be mailed or dropped off at 202 7th Street, Honolulu HI 96818. Those making reservations should bring a wrapped book clearly marked with the child's name priced \$10 or under to the club Thursday from 9 to 11 a.m.

NAF sale – A non-appropriated fund item sale is scheduled for Dec. 4 at Bellows Air Station. Doors open at 9 a.m. for active-duty military members only, 10 a.m. for all other military ID card holders and 11 a.m. it will be open to the public. The sale closes at 1 p.m. Items for sale include night stands, dressers, mattresses, lamps, dining tables, chairs, stoves and refrigerators. Vehicles for sale by sealed bid (starting at \$500) are a cargo van and

two pick-up trucks. For more information about the sale, call 259-4111 or 864-2126.

Cookie caper – Volunteers are needed to help more than 650 Team-Hickam dorm residents get a taste of home during the holiday season. Every year, volunteers come together to bake holiday cookies for Airmen in the dorms. The cookies can be dropped off at the Daedalian Room in the officers' club Dec. 6 from 6:30 to 9 a.m. Volunteers are also needed to wrap the cookie care packages. For more information, contact Claire Morgan at 422-2147 or Connie Settergren at 674-0444.

Reminder of change – Hickam has a new contractor collecting military housing refuse and recyclable. The collection days under this new contract have changed for more Hickam residents according to the following schedule:

Monday – Ohana Nui (all homes on Kuntz Avenue side of base)

Tuesday – Capehart above 18th street)

Thursday – From 9th to 17th street and Onizuka Village

Friday – From 8th street to the Officer's club and Fort Kam Housing

Refuse and recyclable pick-up will not be affected during the holidays.

Hickam to host Special Olympics – The Hawaii Special Olympics are taking place on Hickam Dec. 3 to 5. The opening ceremonies start at 7:15 p.m. Dec. 3 at Hangar 7. For more information about this year's game, call Capt. Josh Biggers at 448-9256.

Volunteers needed – The American Red Cross, Hickam Service Center is looking for volunteers to fill the following positions: chairman of volunteers, records chairman and publicity chairman. For more information or to volunteer, call the Red Cross

office at 449-0166 from 8 a.m. to 3 p.m.

ROTC Scholarships – Applications for the Air Force ROTC College Scholarship Program may now be submitted online. For applications and instructions, go to www.AFROTC.com. The application deadline is Wednesday. For more information, call 956-7734.

Certification exam – The Defense Activity for Non-traditional Education Support offers approved military personnel Microsoft Certification vouchers at no cost. The exam documents a person's level of competency and achievement in a particular area. For more information, visit <https://www.dantes-microsoft-test.com/>.

Gift certificates – Commissary shoppers can pick up gift certificates at the customer service office in the commissary. The certificates are available in denominations of \$25 and a \$1 handling fee will be charged per certificate. They can be used in any commissary worldwide. This program is an expansion of the certificate checks program at www.commissaries.com. For more information, call 1-877-770-4438.

STAP – Base training and education services is now accepting applications for the spouse tuition assistance program for term three (Feb. 1 to April 30). The deadline for term three applications is Wednesday. STAP provides partial tuition assistance for spouses of active-duty Airmen and officers who accompany member to overseas locations and will be attending high school or college programs at those locations. STAP provides TA at a rate not to exceed 50 percent of unmet tuition charged per course, with a maximum of \$1500 per academic year. Applications are available to the education office. For more information, contact the education office at 448-0920.

Don't Drink and Drive – Call Airmen Against Drunk Driving, 449-RIDE (449-7433)

Around the Air Force



Editor's Note: For the complete stories and more go to Air Force news at <http://www.af.mil>.

Senator praises AF secretary

WASHINGTON – A leading member of Congress praised Secretary of the Air Force Dr. James G. Roche on the floor of the U.S. Senate on Nov. 19, just days after the secretary announced his resignation.

Sen. James Inhofe paid tribute Secretary Roche's service, specifically pointing to his efforts at revitalizing maintenance depots and supporting the warfighter in post-Sept. 11 operations.

Secretary Roche announced Nov. 17 that he will step down from his position as 20th secretary of the Air Force on Jan. 20. He has been service's senior executive since June 1, 2001.

"I remember ... his first trip was to go with me to Tinker Air Force Base, Okla.," said the senator who is from the state. "After visiting the base, he returned to Washington ... and immediately put in place a plan to revitalize the depots using the existing Air Force budget. This is something that previous administrations had never accomplished."

Secretary Roche's keen interest in depot maintenance brought about processes that led to decreased failure rates, enhanced readiness standards and decreased overall costs, Senator Inhofe said.

In fiscal 2003 alone, Air Mobility Command officials reported a decrease of 37.6 percent in the time its aircraft were grounded for maintenance, surpassing its goal by 922,000 hours. Additionally, Senator Inhofe said, mission-incapable part incidents decreased by 23.4 percent, bettering that goal by 4,400 incidents.

"It goes on and on. His record is there," he said. (Story by Master Sgt. Scott Elliott, Air Force Print News)

Defense Department launches 'America Supports You'

WASHINGTON – Department of Defense officials launched a new program Nov. 19 to showcase America's support for the men and women of the armed forces and the myriad ways people are expressing that support.

"America Supports You" is designed to gather information about the many activities and programs Americans have launched to show support for the troops and, most importantly, to ensure they and their families know about it, said Charles Abell, principal deputy undersecretary of defense for personnel and readiness.

Mr. Abell said communicating America's support for servicemembers and their families is a big morale booster for "those who are fighting to defend our freedom" and communicates America's "recognition and appreciation of the courage and commitment of those who serve."

Since the Sept. 11, 2001, terrorist attacks,

Americans have come together as never before, united in their resolve against their terrorist enemies, Mr. Abell said.

"And in the three years since, ... the American people have stood solidly behind our military (troops) and their families," he said.

That support spans every segment of society, from individuals and families to schools to local communities to major, multinational corporations, Mr. Abell said, "all doing their part to show their appreciation for the dedication and sacrifice of America's fighting forces."

(Sory by Donna Miles, American Forces Press Service)

AF civilians among top 50 Hispanics

WASHINGTON – Hispanic Engineer and Information Technology magazine has included two Air Force civilians among this year's Top 50 Hispanics in Business and Technology.

Michael Dominguez and Michael Montelongo were selected from among hundreds of workers in government, academia and corporate America for their leadership responsibilities, impact on science and technology, and contributions to education and community involvement, officials said.

Mr. Dominguez is the assistant secretary of the Air Force for manpower and reserve affairs, and Mr. Montelongo is the assistant secretary of the Air Force for financial management and the comptroller. Both men graduated from the United States Military Academy at West Point.

Mr. Dominguez said he credits his father for any success he has enjoyed, and the Air Force for providing people of all backgrounds a place where everybody makes their way on their own ability and talent.

"The Air Force gave my father an opportunity to leave a south Texas farming community and enter a world where his achievements were limited only by his imagination and abilities," he said.

"This isn't merely the world's greatest Air Force," he said, "it's also the world's greatest meritocracy. There is much the Hispanic community has to give to the nation and the Air Force, and much that we Hispanics can benefit from in return." (Courtesy of Air Force Print News)

Jumper: AEF is successful

WASHINGTON – Air Force Chief of Staff Gen. John Jumper told House Armed Services Committee members that while reconstitution of air expeditionary forces is not moving as quickly as expected, the concept is battle-proven.

The Air Force's highest-ranking uniformed member testified before the House of Representatives on Nov. 17 on the current state of the service.

"Last February, when I sat in front of this com-



Photo by Staff Sgt. James Williams

Up you go

TYNDALL AIR FORCE BASE, Fla. -- Capt. Cavan Craddock climbs the ladder to his F-15C Eagle before a competition during William Tell 2004 here recently. William Tell tests an aircrew's ability to perform in a combat environment. Captain Craddock is assigned to the 493rd Fighter Squadron at Royal Air Force Lakenheath, England.

mittee, we talked about the reconstitution of our air expeditionary forces and the fact that we were in the midst of experimenting to see if the AEF concept actually worked," General Jumper told more than 30 legislators. "I can report our ability to pull eight of our 10 AEFs forward to engage in major combat operations, and then reset those, has been a success."

General Jumper also explained to legislators how the Air Force recently increased the AEF deployment length.

"We have (extended) our deployment time from 90 to 120 days," he said. "We have about 80 percent of our force on 120-day rotation. About 20 percent of the high-demand forces are on rotations (lasting) up to one year."

The general told committee members that while visiting deployed Airmen and troops of their sister services, he picked up on a common theme.

"I have been to Iraq and visited the Soldiers, Sailors, Airmen and Marines over there," General Jumper said. "The singular message I bring back from them is 'let's not quit until we are done.' They believe that. They are dedicated to the mission they are engaged in over there and want to see it through." (Story by Staff Sgt. C. Todd Lopez, Air Force Print News)



Lono and his Nakoa (warriors) proceed from their wa'a (canoe) to the site of the Makahiki carrying ho'okupu (gifts) for presentation to Konahiki (ruling chief of district) Col. Ray Torres. This is exactly how it took place when Lono visited Kapuaikaula (Hickam) more than 300 years ago.

An ancient Hawaiian religious and cultural celebration returns to Kapuaikaula (Hickam)



Above: Konahiki (ruling chief of district) Col. Ray Torres presents his ho'okupu (gift) to Lono. The gift is received by a Nakoa (warrior) of Lono.

Left: Nakoas stand watch over the ho'okupa during the ceremony.

Below: Lono (dressed in white kihei) receives a ho'okupu of Awa (drink made from the Awa root, considered the drink of the gods.) It is in a flask made of bamboo. He receives the Awa from another Nakoa (warrior) representing Kapuaikaula (Hickam).



FSC hosts playgroup

By Leigh Yokoyama
Hickam Family Support Center

Crafts, story time and snacks ... these are just a few of the events offered by the Hickam Family Support Center Playgroup program.

Playgroup also provides little scooters for the children to ride on in the open skating rink area. During the latter part of the morning, children enjoy healthy snacks, have story time, and end with song time.

Such activities allow children to play together in a safe and non-threatening venue, helping them develop inter-social skills. In addition, it's a great opportunity for parents to network with one another and share milestones, concerns and funny stories.

Conducted Tuesday through Friday, the playgroup is held at the Skating Rink pavilion near Mokulele Elementary and the Youth Center.

Parents from all branches of the military as well as civilian employees are invited to join in on the fun.

Parents agree that playgroups like the one offered by the Family Support Center are very beneficial to the children and themselves.

"It's great for their social development because there are a wide variety of activities for the children to do," said Debbie Beninati. "With playgroup offered four days out of the week, we have the flexibility to come on the days that are most convenient."

Playgroup is growing in popularity, having 338 participants in October.

There is no registration fee for this program and parents can go directly to the pavilion and sign in upon arrival.

If you get lost on your way to Playgroup, just listen for the laughter and squeals of children making new friends and learning new skills.

For more information, call the family support center at 449-0300.

Photos by Angela Elbern

Left: Gabriel Beninati, 3, feeds the birds as mother, Debbie encourages him Nov. 18.

Below: from left Gabriel Beninati, Tyler Austin, 3, and Jace Neighbors, 4, train for an H-1 future.





Goin' clubbing

Pacific Air Forces Pentathlon Game \$2,000 grand-prize winner Tech. Sgt. Michael Durkee checks out clubs for sale Tuesday with James Trigilo, Par 3 Golf Course manager. Sergeant Durkee received the prize-winning game piece after paying for a round of golf during the contest which ran from Aug. 1 to Oct. 31. Base-wide, more than 640 Team Hickam members played more than 5,600 game pieces. In addition to the grand prize, more than 1,500 instant-win prizes were awarded during the duration of the game. The next PACAF Pentathlon is scheduled to start Aug. 1, 2005.

Photo by Mike Dey

Celebrate the Christmas lighting of the Tower

The Christmas lights on Hickam's Freedom Tower will be lit on Friday, December 3 at the Tower Mall with the festivities beginning at 4:30 p.m. The annual event will include Kiddieland, food and beverage booths, youth entertainment, essay contest winners, entertainment, lighting of the tower lights and a visit by ol' Saint Nick. This is holiday family entertainment at its best brought to you by the Hickam Community Center.

Thanksgiving Sale continues

The Thanksgiving Sale continues through Nov. 30 at the award winning Mamala Bay Golf Course Pro Shop.

This is the time and place to purchase outstanding golf products at substantial savings. Take 5% off on purchases over \$20

Dec. 2nd Mongolian BBQ cancelled

Due to a special function, the Thursday Dec. 2nd Mongolian BBQ dinner has been cancelled at the Officers' Club. The staff apologizes for any inconvenience and offers dinner at the Wright Bros. Cafe & Grille as an alternative. Wright Bros. will be open from 5 to 8 p.m. offering an excellent variety of evening meals.

Tops in Blue coming Dec. 15

The world famous Air Force entertainment troop, 'Tops in Blue' will perform at Hickam AFB on Wednesday, Dec. 15 at 7:30 p.m., according to Doug Clark of the Community Center. This year's show is titled "Musicology" and features the best active duty Air Force entertainers.

Go nuts at Hickam Services!

HICKAM AFB
SERVICES
Combat Support & Community Service

1st Friday features "Christmas in Hawaii"

The Officers' Club presents First Friday, Dec. 3 in the Koa Lounge. Friday Pau Hana, beverage specials and music by Exit Row are slated. First Friday begins at 4:30.

Dining Options Survey

The 15th Services Squadron is conducting a dining options survey during December. You'll find your survey in the December issue of the Inside Services Magazine. Please fill it out and return it to Services. This is your opportunity to voice your opinions which will help us serve you better.

Christmas Scuba Sale

The Hickam Dive Center, located at Pool #1 adjacent to the Fitness & Sports Center, is hosting a huge Christmas Sale from Friday, Dec. 3 to Sunday, Dec. 5 from 3 to 6 p.m. each day.

Featured are BCD, Regulator, Octopus & Gauge Packages; Cobra, Phantom and Magnum BCDs; Scuba Gear Snorkel Packages and Gift Certificates. Call 423-8222 for more information.

NOTICE FROM THE HICKAM CLUBS

Aloha Club Members,

Your generous support in the form of Club dues enables us to continue the proud tradition of Air Force Clubs. We ask for your continued support as we raise fees this coming January to cover costs associated with recent facility renovations (\$9.5 million Enlisted Club & J.R. Rockers and \$1 million Wilbur & Orville's Wright Bros. Café & Grille renovation), cost of living wage increases and supply increases.

Your Club stands ready to serve, ready to be a good steward of your membership dues and ready to be proactive in delivering the products and programs you desire.

Mahalo Club Members!



	CURRENT DUES	DUES INCREASE
Hickam Officers' Club (Active Duty/Retirees)	\$18	\$20
(Retirees over 65)	\$ 8	\$ 9
Hickam Enlisted Club (Active Duty/Retirees)	\$10	\$12
(Retirees over 65)	\$ 5	\$ 6



It pays to play Pentathlon

The big winner of the PACAF Pentathlon Internet Game, which was conducted by the 15th Services Squadron, was TSgt Michael Durkee of Headquarters, PACAF/RSS. TSgt Durkee was presented a \$2,000 check in a ceremony at Wing Headquarters last week.

TSgt Durkee said he picked up his game pieces at the Bowling Center and at the golf course as he participated in the annual game for the second time.

Calling all Skills instructors

The Hickam Skills Development Arts & Crafts Center is looking for new contract instructors in all areas of arts and crafts, automotive and woodworking. You can even schedule your own days and working hours. For more information on current opportunities, contact Pat Dugdale at 449-1568, Ext. 102.

Services needs your input!

If you receive the annual Air Force Customer Feedback Survey in the mail, let your opinions be known. Please fill out the survey and send it in using the envelope provided.

Your responses make a difference in the programs offered to you, your family and the Hickam base community.

Hawaiian Crafts Class offered by Outdoor Recreation

Another new program offered by Outdoor Recreation is Uncle Leo's Hawaiian Creations craft class to be held on Sunday, Dec. 5 at Hickam Harbor, Bldg 3455 starting at 2 p.m.

Uncle Leo will teach participants how to make Hawaiian style palm hats, bowls and baskets. This is a great class for all ages and costs just \$10 per person.

Call the Outdoor Recreation office at 449-5215 for more information.

Interested in becoming a Child Care Provider?

Applicants must be base residents, 18 yrs old, be a high school grad, able to read and write English and pass a security check. A pre-licensing briefing is held on the first Thursday of each month from 5-6 p.m. at the Family Child Care Office located adjacent to the Auto Resale Lot in Bldg. 2116. Call FCC at 449-1879 for information.

Persons caring for other families' children a total of 10 hours or more per week on base must be licensed.

Don't miss the boat!

A beautiful underwater world awaits you as ITT presents its ever popular Glass Bottom Boat Tour on Saturday, Dec. 3. You'll marvel at the aquatic life of Kaneohe Bay as you cruise toward Chinaman's Hat Island.

This is a must family event full of surprises as you witness the 'living' reefs of Hawaii. Cost is just \$10 adults and \$5 children which includes round trip transportation. Call 449-2230 for reservations and information.

Go nuts at Hickam Services!



HICKAM AFB
SERVICES
Combat Support & Community Service

Art Show continues at Gallery

The Skills Development Center Employees', Instructors' and Volunteers' Art Exhibition continues at the Gallery on Kuntz Avenue through December.

The show features fine art and crafts created by the Skills staff and may be seen Tuesday-Saturday from 9 a.m. to 5 p.m.

Party Packs for Rent

ODR Equipment Issue, located on Kuntz Ave. in the ITT complex, has everything you need for your holiday party. You don't need to buy it, just rent it from us. Call 449-6870 for information or drop by and see the 100s of items available for rent.

Coming in 2005! Jr. Wrestling

The Hickam Youth Sports Program is planning a new Junior Wrestling Program for 2005 for youth ages 5-12 years old. More information regarding this program can be obtained by calling Youth Sports Director B.J. Bentley at 448-4492.

New Journaling Workshop planned by Skills Center

The Hickam Skills Development Center has announced its first ever Journaling Workshop to be held January 19-21, 2005 at the Skills Center on Kuntz Avenue.

Guest artist and instructor Margaret Hoybach will teach this three-day watercolor-sketch journaling course with classes running from 9 a.m. to 4 p.m. each day. No past art experience is necessary.

This workshop is brought to you by the Hickam OSC and hosted by the Skills Arts & Crafts Center. Cost is \$150 plus supplies and the deadline to register is January 15.

For more information, please call 449-1568, Ext. 106.



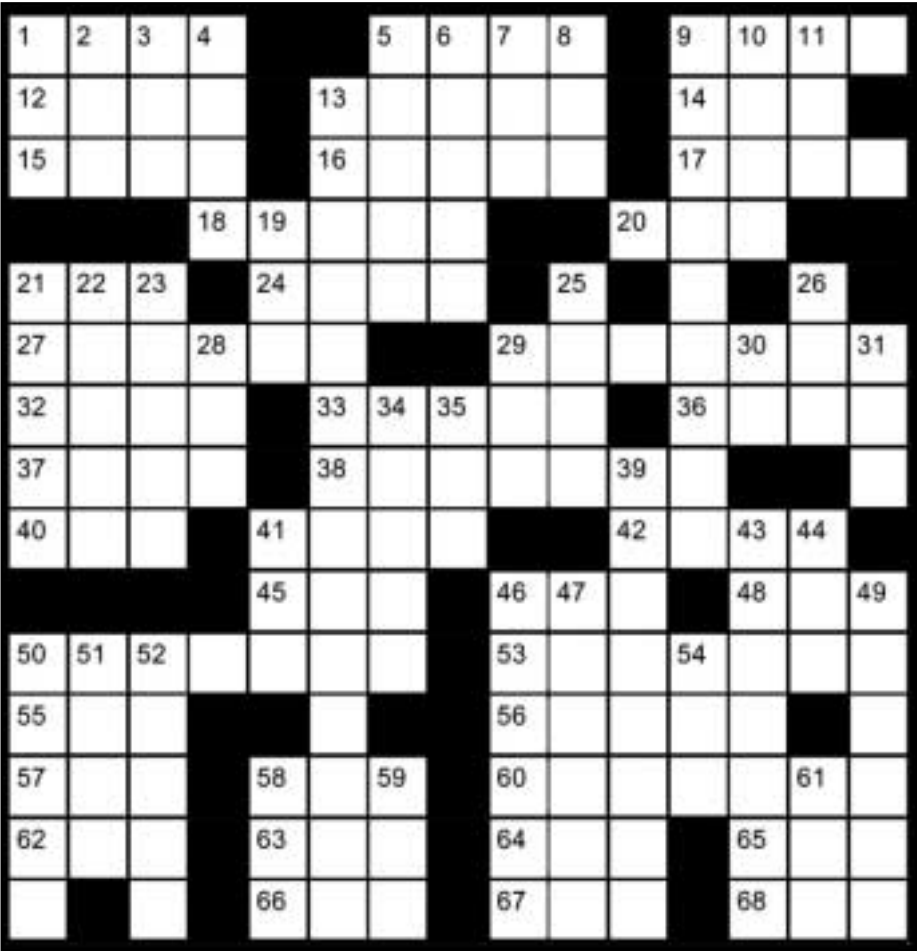
HICKAM AFB
SERVICES
Combat Support & Community Service

Crossword puzzle: Happy Thanksgiving

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

- ACROSS**
- 1. Former “Tonight Show” host Jack
 - 5. Discusses
 - 9. Long-eared, long-legged rodent in Argentina
 - 12. Thought
 - 13. Dish made with seasoned rice
 - 14. The Greatest
 - 15. Cheese type
 - 16. “Back to the Future’s” Christopher
 - 17. “Crouching Tiger, Hidden Dragon’s” Michelle
 - 18. Primary divisions of a kingdom?
 - 20. Alien transport?
 - 21. Hole
 - 24. End of a Thanksgiving prayer?
 - 27. Without color?
 - 29. Told a tale?
 - 32. Menial worker
 - 33. Once ____ _ time...
 - 36. 1973 film, “The Way We ____”
 - 37. Actresses Jillian and Davis
 - 38. Place on a ship?
 - 40. Confederate General Robert E. ____
 - 41. Close
 - 42. Before
 - 45. Part of a play
 - 46. Cleopatra killer
 - 48. German conjunction?
 - 50. Types of paintings?
 - 53. Pilgrim helper for Thanksgiving
 - 55. Chinese political leader Biao
 - 56. School aide
 - 57. Fall mon.
 - 58. Negative?
 - 60. Train or stairway need
 - 62. Tiny
 - 63. Lennon’s bride
 - 64. Pub order
 - 65. Center of our system?
 - 66. Color
 - 67. Surveyor’s credentials, in brief
 - 68. Before

- DOWN**
- 1. Pumpkin treat for Thanksgiving
 - 2. Compute
 - 3. “The Crying Game’s” Stephen
 - 4. Stairs
 - 5. Moon rivers?
 - 6. What a mortgage is? (2 words)
 - 7. Spring for
 - 8. Nickname for a beer?
 - 9. Ship that brought the Pilgrims
 - 10. Person with certain zodiac sign (2 words)
 - 11. ____ Grande
 - 13. Site of the first Thanksgiving in 1621
 - 19. Star Wars character Solo
 - 21. Type of state Vatican City is?
 - 22. “One Life to Live” actress Kristen
 - 23. Steak type
 - 25. ____d’Or-say; street paralleling the Seine
 - 26. Each
 - 28. Former org. concerned with immigration
 - 29. Dr. helpers?
 - 30. Regarding, in brief
 - 31. Lair
 - 34. Grimaces
 - 35. Select
 - 39. Sheriff’s helpers
 - 41. Pouch
 - 43. Start of the day?
 - 44. Explosive combination
 - 46. Resembling the stars?
 - 47. Brief sudden violent windstorm
 - 49. Hardware device that serves as copy protection



- 50. Moves smoothly with unbroken continuity
- 51. Houston school
- 52. Come in
- 54. Internet provider, in short
- 58. Head tilt
- 59. Foot part
- 61. Neither’s partner

See SOLUTION on Page 28

Team Hickam History

The Air Force’s most historic airfield

December 1872 – Maj. Gen. John Schofield, commander of the Military Division of the Pacific, and Col. Barton Alexander, U.S. Army Corps of Engineers, sailed from San Francisco to Honolulu with secret instructions to evaluate Hawaii’s ports in terms of defensive capabilities and commercial facilities. They recognized the great potential of Pearl Harbor as a “harbor of refuge in time of war,” and recommended the United States try to get a deed.

December 1915 – Horace Hickam returned to the United States to serve in the 7th Cavalry under the command of Gen. John Pershing. He had previously been assigned to the 8th Cavalry in the Philippines

Dec. 1, 1940 – The 15th Pursuit Group was activated in Hawaii, and stationed at Wheeler Field, Territory of Hawaii. Maj. Clyde Rich assumed command of the Group on that date. The group was assigned to the 14th Pursuit Wing.

December 1941 – By December 1941, the Hawaiian Air Force had been an integrated command for slightly more than one year and consisted of 754 officers and 6,706 enlisted men, with 233 aircraft assigned at its three primary bases (Hickam, Wheeler, and Bellows).



The American flag which flew over Hickam during the Dec. 7, 1941 Japanese attack was returned to Hickam from the Air Force Academy Nov. 28, 1980.



Nov. 28, 1969 – Apollo 12 astronauts passed through Hickam en route back to Houston, Texas, after their flight to the moon.

Nov. 26, 1976 – Seventeen Naval and Marine aircraft transited Wake Island Air Force Base as part of the TRANSPAC KEY UNCLE Exercise. The U-2 began a month-long earth resources study at Hickam.

Nov. 28, 1980 – The American flag which flew over Hickam during the Dec. 7, 1941 Japanese attack was returned to Hickam from the Air Force Academy. In a special ceremony supported by the Air Force Academy Band, Lt. Gen. James Hughes, Pacific Air Force commander, received the flag from Lt. Gen. Kenneth Tallman, Air Force Academy commandant.

Nov. 30, 1982 – The first formal NCO appointment ceremony was held at Hickam’s Tradewinds Club to honor personnel selected for promotion to NCO status for the first time.

Nov. 29, 1993 – By direction of the Secretary of the Air Force awarded the 15th Air Base Wing was awarded the Air Force Outstanding Unit Award for exceptional service for the period of July 1, 1991 to June 30, 1993. This was the sixth AFOUA awarded to the 15th ABW.

Nov. 29, 1993 – A ribbon-cutting ceremony was held to officially open Hickam’s new Keiki Oka Aina super playground in Earhart Village.

At the Movies

Friday, Saturday & Sunday, 7 p.m.

Team America: World Police – Team America follows an international police force dedicated to maintaining global stability. Learning that power hungry dictator Kim Jong Il is out to destroy the world, the team recruits Broadway star Gary Johnston to go undercover. With the help of Team America, Gary manages to slip into an arms dealer’s hideout to uncover a plan to destroy the world. All the while they are developing close relationships that lead to love, jealousy, and betrayal. Animated. Rated R (graphic crude and sexual humor, violent images and strong language)

Wednesday and Thursday, 7 p.m.

Surviving Christmas – Facing another Christmas alone, Drew decides to go back to his idyllic childhood home to spend the holidays with family. There is, however, one problem: the people living there now are not Drew’s family. Nevertheless, Drew has his mind set on an old-fashioned family Christmas, and the fact that the “family” in question, the Valcos, are complete strangers, isn’t about to put a crimp in his plans. Starring Ben Affleck and James Gandolfini. Rated PG-13 (sexual content, language and a brief drug reference)

Happy Thanksgiving

This week’s crossword answers

P	A	R	R			R	A	P	S		M	A	R	A
I	D	E	A			P	I	L	A	U		A	L	I
E	D	A	M			L	L	O	Y	D		Y	E	O
				P	H	Y	L	A			U	F	O	
P	I	T		A	M	E	N			Q		L		P
A	L	B	I	N	O				R	U	M	O	R	E
P	E	O	N			U	P	O	N	A		W	E	R
A	N	N	S			T	O	P	S	I	D	E		N
L	E	E				S	H	U	T			E	R	S
						A	C	T			A	S	P	
												U	N	D
F	R	E	S			C	O	S			S	Q	U	A
L	I	N				L					T	U	T	O
O	C	T				N	O	T			R	A	I	L
W	E	E				O	N	O			A	L	E	
S		R				D	Y	E			L	L	S	

Team Hickam Pick 'Em

101-64



88-77

Team Roster	Bears vs 'Boys	Browns vs Bengals	Eagles vs. Giants	Dolphins vs. 49ers	Rams vs. Packers	RECORDS	
						Last week	To date
Col. Ray Torres 15th AW/CC	'Boys	Bengals	Eagles	49ers	Packers	4-1	29-26
Lt. Col. Denise Hollywood 15th SVS/CC	'Boys	Browns	Giants	49ers	Packers	2-3	25-30
Capt. Nate Chine Det. 1, 15 MSG/CC	'Boys	Bengals	Eagles	49ers	Packers	3-2	34-21
Chief Master Sgt. Glenn Bernier PACAF/SVS	'Boys	Bengals	Eagles	Dolphins	Packers	4-1	37-18
Tech. Sgt. Mark Munsey 15th AW/PAI	Bears	Bengals	Eagles	Dolphins	Packers	4-1	30-25
Staff Sgt. Toni Schmidt 15th CONS/LGVCZ	'Boys	Bengals	Eagles	Dolphins	Packers	5-0	34-21



TEAM HICKAM NFL CHALLENGE



Holiday weight-gain

Proper diet, exercise keys to success during season

By Senior Airman Sarah Kinsman
Kukini Editor

Candied yams ... pumpkin pie ... parties to attend ...

With all these treats comes weight-gain and with all the parties to attend comes less time to make it to the gym.

Physical fitness

The holidays are a busy time, but keep a little time in the schedule for working out.

"[The holidays are] a period of time when [people] may not have as much time to workout as they would like, but they need to keep some activity going," said Joel Richardson, Hickam Health and Wellness Center exercise physiologist. "A short jog is better than no jog even if the person is accustomed to doing five miles, five times a week.

The idea is to maintain fitness levels and conditioning as best they can during stressful and busy periods, with an eye towards getting back into better shape later on when the stress level goes back down, he continued.

"Reduced work outs are much better than not working out at all," Mr. Richardson said.

For people who haven't been working out and are setting a goal for the new year to get into shape, Mr. Richardson offers some advice.

"Start slowly and don't be afraid to be progressive and to keep changing up the workouts," he said. "Most people who make new year's resolutions workout in earnest January to March but by April the gym is a distant memory.

"The person either got injured from doing too much too soon, or the person kept doing the same workout over and over again and they became a victim of burnout and boredom," he continued.

So, newcomers should try different fitness routines and old-timers shouldn't get frustrated and quit when they don't have time to run those five miles every day, but continue to do some kind of physical exercise, he said.

With the new Air Force standards, Airmen across the Air Force are working out more often and harder than ever before to meet those standards, but that is not the only benefit to being physically fit.

"Being physically fit is important, but not only for physical gains," said Mr. Richardson. Aside from keeping coronary arteries from becoming clogged and having a body that looks good on the beach, physical activity gives a person a sense of accomplishment and well being. Self-esteem has been shown to be higher in people who workout regularly."

Eating right

Food is a double-edged sword during the holidays. When consumed properly, they fuel work-outs, but this time of year can test even the most stringent eater.

Holidays are the greatest excuse for indulgence – parties, family gatherings and other social events with an abun-



Photos by Mike Dey

Mysti Bicoy, 15th Communications Squadron, lifts weights in the Hickam Fitness Center Tuesday. Starting slowly is a key to being successful in beginning a workout program.

dance of food and drinks," said Tech. Sgt. Demetra Turner, Hickam HAWC noncommissioned officer in charge of health promotion. "Holidays do not have to mean giving up on healthy eating.

"Stuffing, sweet potatoes with marshmallows and pumpkin pie can be a part of your healthy holiday menu plans," she said. "There are so many simple ways to keep the holidays festive, fun and fat free."

Two ways to do this are planning and substitutions:

Planning

- Never go to a party on an empty stomach. Eat a healthy, filling salad with a large glass of water before going.

- Do not skip meals during the holidays in order to splurge later.

- Always bring a favorite fat-free dish to holiday parties.

Substituting

- Sprinkle a fat-free chicken or turkey with fat-free chicken broth and season with poultry seasoning, garlic and onion powder. All the flavor of butter-basted turkey with a savings of up to eight grams of fat.

- Create flavorful pie crusts by combining crushed fat-free cookie crumbs, cornflake crumbs or fat-free granola with low-sugar preserves, butter buds or fat-free flavored yogurt.

- Substitute two egg whites of 1/4 cup of fat-free egg substitute per whole egg – a saving of 40-50 calories, five grams of fat and 240 mil-

ligrams of cholesterol.

A common new year's resolution is beginning a diet.

"While most new year's resolutions begin with good intentions, without the right tools, motivation wanes so it's difficult to get the job done," said Sergeant Turner. She offers a few tips to help set realistic goals to achieve and maintain a healthy weight:

- Think small and be specific. Only make one to two serious resolutions. Rather than saying you will lose weight, indicate an amount and a time frame.

- Try to make small, gradual changes not drastic makeovers to lifestyle patterns. Regular exercise along with a sensible diet plan is key to weight management.

- Take your resolution seriously. Take some time to think and commit.

- Develop a plan of action. The more prepared you are, the better chance for success.

The HAWC has a knowledgeable staff and programs to help people

get started on the right path toward healthy living. For more information, contact the HAWC at 448-4292.



Airman Dylan Hudnall, 15th Security Forces Squadron, uses the elliptical machine in the fitness center Tuesday. Continuing a fitness program through the holiday season will help keep holiday weight gain at bay.